

# Postpartum type 2 diabetes (T2D)

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What is it? And am I at risk?

## What is T2D?

Postpartum type 2 diabetes (T2D) is when a woman is diagnosed with **hyperglycemia** mainly due to **insulin resistance** after giving birth. Women with a history of **gestational diabetes mellitus (GDM)** have a 7-10 times higher risk of developing T2D than those without.

### Terminology:

#### **Hyperglycemia:**

High blood sugar.

#### **Insulin resistance:**

When cells in your muscles, fat, and liver don't respond well to insulin and can't easily absorb glucose from your blood

#### **Gestational diabetes mellitus (GDM):**

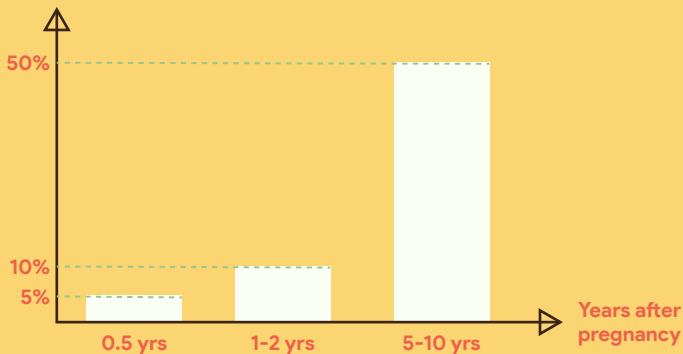
High blood sugar that develops during pregnancy and usually disappears after giving birth.



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% of women  
at risk who  
developed T2D



## When does T2D develop?

Among women at risk, approximately 5%, 10% and 50% of women will develop T2D in the first six months, 1-2 years and 5-10 years after pregnancy, respectively.

Hence, lifelong screening for diabetes after a pregnancy is necessary for women with a history of GDM to better manage and to potentially reduce the risk of developing cardiovascular disease.

